

**RASHTRIYA SHIKSHAN MANDAL'S
TILAK AYURVED MAHAVIDYALAYA**

583/2, Rasta Peth, Pune 411011

Summer - 2025
Academic Term Plan-UG

Course/ Class: IVth B.A.M.S.
Department- Panchakarma
Term-I/II/III

Batch – Summer 2025
Subject- Panchakarma (THEORY)

Name of the Departmental Faculty:

1. Dr. Rajendra Huprikar
2. Dr. Anjali Damle
3. Dr. Rahul Kathawate
4. Dr. Monica Mulay
5. Dr. Tanvi Joshi

| FACULTY NAME | TOPIC | TEACHING HOURS | METHOD OF TEACHING |
|--|--|----------------|--|
| TOPIC 1. INTRODUCTION (Total Teaching Hours 10) | | | |
| Dr Rajendra Huprikar/Dr Anjali Damle | Introduction to Panchakarma, Panchakarma and Shodhana, its importance for promotion of health, prevention and treatment of diseases. | 2 Hours | LECTURE PPT GROUP DISCUSSION ACTIVITY |
| Dr Rajendra Huprikar/Dr Anjali Damle | Trividha Karma- Purva, Pradhana and Pashchat Karma in relation to Shodhana and their importance. | 2 Hours | |
| Dr Rajendra Huprikar/Dr Anjali Damle | Indications of Shodhana, Shodhana according to Ritu . | 1 Hour | |
| Dr Rajendra Huprikar/Dr Anjali Damle | General Principles of doshagati from Koshta to Shaka and vice versa. | 1 Hour | |

For AU. Damle

**HEAD OF DEPARTMENT
PANCHAKARMA DEPARTMENT**

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| Dr Rajendra Huprikar/Dr Anjali Damle | General precautions (Pariharya Vishaya) for Panchakarma. | 1 Hour | LECTURE PPT GROUP DISCUSSION ACTIVITY |
| Dr Rajendra Huprikar/Dr Anjali Damle | Specifications of Panchakarma theatre and necessary equipments. | 1 Hour | |
| Dr Rajendra Huprikar/Dr Anjali Damle | Importance of Koshta and Agni Parikshan. | 2 Hours | |
| TOPIC 2. SNEHANA (Total Teaching Hours - 15) | | | |
| Dr Tanvi Joshi | 1. Etymology and Definition of Sneha and Snehana 2. Snehayoni- Sthavara and Jangama: Properties of Sneha dravyas, Snehopag Dravyas. | 1 Hour | LECTURE PPT GROUP DISCUSSION ACTIVITY |
| Dr Tanvi Joshi | General knowledge of Ghrita, Taila, Vasa and Majja with their specific utility and actions, Yamaka, Trivrit and Maha Sneha. | 2 Hour | |
| Dr Tanvi Joshi | 1. Metabolism of fat. 2. Achcha and Pravicharana of Sneha. 3. Snehapaka and its importance in Panchakarma. | 1 Hour | |
| Dr Tanvi Joshi | Types of Snehana: i) Bahya and ii) Abhyantara Snehana i) Bahya Snehana : Methods, indications and contraindications of the following types of Bahyasnehana; Mardana, Unmardana, Pādāghāta, Samvāhana, Karna Purana & Akshi Tarpan, Lepa, Talam. Murdhni Taila: Siro-Abhyanga, Shiro Seka/dhara, Siro Pichu and Siro-Basti. | 3 Hours | |
| Dr Tanvi Joshi | Abhyantara Snehana -Three Types of Ābhyantara Snehana: Shodhanārtha, Shamanārtha and Brimhanārtha Snehana, -Indications and contraindications for Snehana. | 1 Hour | |

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| Dr Tanvi Joshi | Shodhanārtha Snehana 1. Importance and method of Deepan Pāchan and Rookshana in Shodhanārtha Snehana. Properties of Rookshana Dravya. Samyak Rookshana Lakshana. 2. Consideration of Agni and Koshtha in Snehana. | 1 Hour | LECTURE PPT GROUP DISCUSSION ACTIVITY |
| Dr Tanvi Joshi | Shodhanārtha Snehana 1. Indication of Different Matra, Various dose schedules for 2. Shodhanārtha Snehana; Hraseeyasi, Hrasva, Madhyama and Uttama Mātrā, Ārohana Mātrā. 3. Methods of Shodhanārtha Snehana. 4. Anupāna of Sneha. | 1 Hour | |
| Dr Tanvi Joshi | Shodhanārtha Snehana 1. Jeerna and Jeeryaman Lakshana. 2. Samyak Yoga, Ayoga and Atiyoga of Snehana, Sneha Vyāpat & their management according to Ayurveda & Modern Medicine. 3. Diet and regimen during Snehana. | 1 Hour | |
| Dr Tanvi Joshi | Sadyo Sneha: Method of administration, dose fixation and utility. Shamanārtha Snehana, Method of administration, dose fixation and utility. Bronhanarth Senhana: Method of administration, dose fixation and utility. | 1 Hour | |
| Dr Tanvi Joshi | 1. Avapeedak Sneha: Method of administration, dose fixation and utility. 2. Snehana Kārmukata. (mode of action) | 1 Hour | |
| Dr Tanvi Joshi | 1. Special Procedures: Takradhara, Udvartanam, Putpāka, Aschotana, Anjana, Gandusha, Kavala, Dhoompāna, Udvartana, Utsādana, Udgharshana, Talapothichil. | 2 Hours | |
| TOPIC 3. SWEDANA (Total Teaching Hours - 20) | | | |
| Dr Rahul Kathawate | Etymology and Definition of Sveda and Svedana 2. Classifications of Sveda/Svedana . | 1 Hour | |
| Dr Rahul Kathawate | General Sweda dravya, Properties of Sweda dravyas, Swedaopag dravyas. | 1 Hour | |

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| Dr Rahul Kathawate | Indications and contraindications of Svedana. | 2 Hours | LECTURE PPT GROUP DISCUSSION ACTIVITY |
| Dr Rahul Kathawate | Ten Types of Niragni Svedana. | 2 Hours | |
| Dr Rahul Kathawate | Knowledge of 13 types of Sagni Svedana and Chaturvidh Svedan. | 3 Hours | |
| Dr Rahul Kathawate | Detailed Knowledge with their Utility of the following Svedana procedures: Sankara/Pinda Sveda-Ruksha and Snigdha Sveda Patrapinda Sveda, Jambir Pinda Sveda, Vāluka Sveda, Churna Pinda Sveda, Kukkutand Pinda Sveda, Shashtika Shalipinda Sveda, Nadi Sveda, Bashpa Sveda Ksheer dhooma ,Ksheer Seka, Kwath Seka, Avagaha Sveda, Dhanymla Dhara Parisheka Sveda, Pizichil, Upanaha Sveda, Annalepa. | 5 Hours | |
| Dr Rahul Kathawate | Local Basti such as Kati Basti, Janu Basti, Greeva Basti and Urobasti. | 1 Hour | |
| Dr Rahul Kathawate | General precautions during Sagni Svedana and Methods to protect vital during svedana. | 1 Hour | |
| Dr Rahul Kathawate | 1.Samyak Yoga, Ayoga and Atiyoga of Svedana. 2.Complications of Svedana and their Management according to Ayurveda & Modern Medicine. | 1 Hour | |
| Dr Rahul Kathawate | 1.Diet and management during and after Svedana . 2.Parihār Vishaya . | 1 Hour | |
| Dr Rahul Kathawate | Svedana Kārmukata (Mode of action) | 1 Hour | |
| Dr Rahul Kathawate | General Knowledge about current Sudation techniques like Sauna bath, Steam bath. | 1 Hour | |

TOPIC 4. VAMANA (Total Teaching Hours - 20)

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| Dr Monica Mulay | 1. Etymology, definition and importance of Vamana Karma 2. Utility of Vamana Karma in health and disease. | 1 Hour | LECTURE PPT GROUP DISCUSSION ACTIVITY |
| Dr Monica Mulay | Indications and Contraindications for Vamana | 1 Hour | |
| Dr Monica Mulay | Knowledge of Koshta and Agni | 2 Hours | |
| Dr Monica Mulay | General knowledge of Vamana and Vamanopaga drugs; properties, actions, preparations, preservation with special reference to Madanphala, Kutaj, Nimba, Yashti, Vacha . | 1 Hour | |
| Dr Monica Mulay | Purva Karma of Vamana: Deepan-Pāchana, Abhyantara Snehana and diet. | 1 Hour | |
| Dr Monica Mulay | 1. Management of one gap day-Abhyanga & Svedana, diet, special Kapha increasing diet. 2. Preparation of the patient on Morning of Vamana day. | 1 Hour | |
| Dr Monica Mulay | Vamaka Yoga, Anupana, fixation of dose and method of administration. | 1 Hour | |
| Dr Monica Mulay | Administration of Vamanopaga Dravya such as milk, sugarcane juice, Yashtimadhu decoction. | 1 Hour | |
| Dr Monica Mulay | Lakshana indicating Doshagati during the process. 12. Management during Vamana Karma & observations. | 1 Hours | |
| Dr Monica Mulay | Symptoms of Samyak Yoga, Ayoga and Atiyoga of Vamana Karma. | 1 Hour | |
| Dr Monica Mulay | Post Vamana management | 1 Hour | |
| Dr Monica Mulay | Types of Shuddhi-Hina, Madhya and Pravara. | 1 Hour | |

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| Dr Monica Mulay | Peyadi Samsarjana Krama and Tarpanadi Kram with their specific indications. | 2 Hours | LECTURE PPT GROUP DISCUSSION ACTIVITY |
| Dr Monica Mulay | Complication of Vamana and their management with Ayurveda and modern drugs. | 2 Hours | |
| Dr Monica Mulay | Pariharya Vishaya | 1 Hour | |
| Dr Monica Mulay | Vamana Karmukata (Mode of action). | 2 Hours | |
| TOPIC 5. VIRECHANA (Total Teaching Hours - 20) | | | |
| Dr Rajendra Huprikar/Dr Anjali Damle | Etymology, definition and importance of Virechana Karma. 2. Utility of Virechana Karma in health and disease. | 1 Hour | LECTURE PPT GROUP DISCUSSION ACTIVITY |
| Dr Rajendra Huprikar/Dr Anjali Damle | 1. Indications and Contraindications for Virechana. 2. Knowledge of Koshta and Agni. | 3 Hours | |
| Dr Rajendra Huprikar/Dr Anjali Damle | Classification of Virechana Drugs, General properties of Virchana dravya . | 1 Hour | |
| Dr Rajendra Huprikar/Dr Anjali Damle | General knowledge of single and compound Virechan drugs; properties, actions, preparations, preservation with special reference to Trivrutta, Aragvadha, Eranda, Katuki, Jaipal. | 2 Hours | |
| Dr Rajendra Huprikar/Dr Anjali Damle | Purva Karma of Virechana: Deepan-Pachana, Abhyantara Snehana and diet. | 1 Hour | |
| Dr Rajendra Huprikar/Dr Anjali Damle | 1. Management of 3 gap days-Abhyanga, Svedana & diet 2. Management on Morning of Virechana day. | 1 Hour | |
| Dr Rajendra Huprikar/Dr Anjali Damle | Preparation of Virechana Kalpa, Anupana, dose and method of its administration. | 2 Hours | |

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| Dr Rajendra Huprikar/Dr Anjali Damle | Method of Virechana Karma and management during Virechana Karma & observations. | 1 Hour | LECTURE PPT GROUP DISCUSSION ACTIVITY |
| Dr Rajendra Huprikar/Dr Anjali Damle | Symptoms of Samyak Yoga, Ayoga and Atiyoga of Virechana Karma. | 1 Hour | |
| Dr Rajendra Huprikar/Dr Anjali Damle | Post Virechana management. | 1 Hour | |
| Dr Rajendra Huprikar/Dr Anjali Damle | Types of Shuddhi-Hina, Madhya and Pravara and accordingly Samsarjana Krama. | 1 Hour | |
| Dr Rajendra Huprikar/Dr Anjali Damle | Complications of Virechana and their management with Ayurveda and modern drugs. | 2 Hours | |
| Dr Rajendra Huprikar/Dr Anjali Damle | Pariharya Vishaya | 1 Hour | |
| Dr Rajendra Huprikar/Dr Anjali Damle | Virechana Kārmukatā (Mode of action) | 2 Hours | |
| TOPIC 6. BASTI (Total Teaching Hours - 25) | | | |
| Dr Monica Mulay / Dr Tanvi Joshi | 1.Etymology, definition and importance of Basti as Ardha-Chikitsa 2.Utility of Basti Karma in health and disease. | 1 Hour | LECTURE PPT GROUP DISCUSSION ACTIVITY |
| Dr Monica Mulay / Dr Tanvi Joshi | Basti Yantra- Putaka & Netra, Detailed study of traditional Basti Yantra and their Doshas Knowledge of alternative Basti Yantra- enema can, enema syringe, modified plastic/rubber bag for Putaka, modified plastic netra. | 2 Hours | |
| Dr Monica Mulay / Dr Tanvi Joshi | 1.Classifications of Basti 2.Karma, Kāla and Yoga Basti schedules along with their utility. | 1 Hour | |

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| Dr Monica Mulay / Dr Tanvi Joshi | Niruha Basti: Its etymology, synonyms, definition, classifications, sub-classifications & indications and contraindications. | 1 Hour | LECTURE PPT GROUP DISCUSSION ACTIVITY |
| Dr Monica Mulay / Dr Tanvi Joshi | 1.Dose fixation of Niruha Basti according to age. | 1 Hour | |
| Dr Monica Mulay / Dr Tanvi Joshi | 1.Contents and Method of preparation of Niruha Basti dravya 2.Diet. | 2 Hours | |
| Dr Monica Mulay / Dr Tanvi Joshi | 1.Administration of Niruha Basti. 2.Pratyāgamana Kāla, Post Niruha Basti management. 3.Samyak Yoga, Ayoga and Atiyoga of Niruha. 4.Complication of Niruha Basti and its management according to Ayurved and Modern Medicines. 5. Pariharya Vishaya and kala. | 2 Hours | |
| Dr Monica Mulay / Dr Tanvi Joshi | Anuvasana Basti: Its etymology, synonyms, definition, classifications, sub-classifications & indications and contraindications. | 2 Hours | |
| Dr Monica Mulay / Dr Tanvi Joshi | 1.Dose fixation of Anuvasan Basti according to age. 2. Contents and Method of preparation of Anuvasan Basti dravya. 3. Diet. | 1 Hour | |
| Dr Monica Mulay / Dr Tanvi Joshi | 1.Administration of Anuvasan Basti. 2. Pratyāgamana Kāla, Post Anuvasan Basti management. 3. Samyak Yoga, Ayoga and Atiyoga of Anuvasana. | 2 Hours | |
| Dr Monica Mulay / Dr Tanvi Joshi | 1.Complication of Anuvasan and its management according to Ayurved and Modern Medicines. 2.Pariharya Vishaya and kala. | 1 Hour | |
| Dr Monica Mulay / Dr Tanvi Joshi | Basti Kārmukatā (Mode of action). | 2 Hours | |
| Dr Monica | Knowledge of following types of Basti: Madhutailika Basti, Erandmuladi Basti, | 3 Hours | |

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| Mulay / Dr Tanvi Joshi | Yāpāna Basti, Pichchha Basti, Kshira Basti, Kshara Basti, Vaitarana Basti, Panchaprasutik Basti, Lekhan Basti, Krumighna Basti, Tiktashir Basti, Ardhamātrika Basti. | | |
| Dr Monica Mulay / Dr Tanvi Joshi | Uttara Basti ,: its definition, indications and contraindications, Detailed study of traditional Basti Yantra and their Doshas Knowledge of alternative Basti Yantra. | 2 Hours | LECTURE PPT |
| Dr Monica Mulay / Dr Tanvi Joshi | 1.Preparation of patient, 2. Preparation of Trolley for Uttarbasti. 3. drug preparation and Fixation of dose. | 1 Hour | GROUP DISCUSSION ACTIVITY |
| Dr Monica Mulay / Dr Tanvi Joshi | 1.Method of administration in male and females. 2. observations. 3.complications and their management. | 1 Hour | |
| TOPIC 7. NASYA (Total Teaching Hours - 15) | | | |
| Dr Rajendra Huprikar/Dr Anjali Damle | Etymology, definition, Significance of Nasya Karma. | 1 Hour | |
| Dr Rajendra Huprikar/Dr Anjali Damle | Classifications and sub-classifications. | 1 Hour | |
| Dr Rajendra Huprikar/Dr Anjali Damle | Knowledge of general Dravya used for Nasya Karma, Shirovirechan Gana, Shirovirechanopag dravyas. | 2 Hours | LECTURE PPT |
| Dr Rajendra Huprikar/Dr Anjali Damle | Indications and contraindications of Nasya. | 2 Hours | GROUP DISCUSSION ACTIVITY |
| Dr Rajendra Huprikar/Dr Anjali Damle | Time of administration of Nasya | 1 Hour | |
| Dr Rajendra Huprikar/Dr Anjali Damle | Dose fixation of different types of Nasya. | 1 Hour | |

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| Dr Rajendra Huprikar/Dr Anjali Damle | Diet and regimen before and after Nasya Karma. | 1 Hour | LECTURE PPT GROUP DISCUSSION ACTIVITY |
| Dr Rajendra Huprikar/Dr Anjali Damle | Administration of Marsha, Pratimarsha, Avapeedaka, Dhoomapana and Dhuma Nasya | 1 Hour | |
| Dr Rajendra Huprikar/Dr Anjali Damle | Symptoms of Samyak-yoga of Nasya. | 1 Hour | |
| Dr Rajendra Huprikar/Dr Anjali Damle | Complication of Nasya and their management. | 1 Hour | |
| Dr Rajendra Huprikar/Dr Anjali Damle | Parihār Vishaya. | 1 Hour | |
| Dr Rajendra Huprikar/Dr Anjali Damle | Nasya Karmukata (mode of action) | 2 Hours | |
| TOPIC 8. RAKTAMOKSHAN (Total Teaching Hours - 15) | | | |
| Dr Rahul Kathawate | Definition, importance and Types of Raktamokshana . | 1 Hour | LECTURE PPT GROUP DISCUSSION ACTIVITY |
| Dr Rahul Kathawate | General Principles and rules of Raktamokshana . | 1 Hour | |
| Dr Rahul Kathawate | Classification of Raktamokshan | 2 Hour | |
| Dr Rahul Kathawate | General Indication and Contra indication of Raktamokshan | 2 Hour | |

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| Dr Rahul Kathawate | Jalaukavacharana: Knowledge of different types of Jalauka (Leech) Indications and contraindications of Jalaukavacharana, various types of Jalauka. Method of Application, Samyak Lakshan, Complication of Jalaukavcharana and their management with Ayurveda and Modern medicines. | 3 Hours | |
| Dr Rahul Kathawate | Pracchāna: Indications and contraindications of Pracchana. Method of Application, Samyak Lakshan, Complication of Pracchana and their management with Ayurveda and Modern medicines | 2 Hours | LECTURE PPT GROUP DISCUSSION ACTIVITY |
| Dr Rahul Kathawate | Sirāvedha: Indications and contraindications of Siravedha. Method of Application, Samyak Lakshan, Complication of Siravedha and their management with Ayurveda and Modern medicines | 2 Hours | |
| Dr Rahul Kathawate | Knowledge of emergency management of complications such as water & electrolyte imbalance, shock, bleeding per rectal, hematemesis, epistaxis | 2 Hour | |
| TOPIC 9. PHYSIOTHERAPY (Total Teaching Hours - 10) | | | |
| Dr Anjali Damle | Definition, Utility and Importance of Physiotherapy | 5 Hours | LECTURE PPT |
| Dr Rahul Kathawate | Basic Knowledge of Static exercise, Infrared, Short wave diathermy, Electromagnetic therapy, Wax bath therapy, Ultrasonic therapy. | 5 Hours | GROUP DISCUSSION ACTIVITY |

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TILAK AYURVED MAHAVIDYALAYA
583/2, Rasta Peth, Pune 411011**

**Summer 2025
Academic Term Plan-UG**

**Course/ Class: IVth B.A.M.S.
Department- Panchakarma
Term-I/II/III**

**Batch – Summer-2025
Subject – Panchakarma (PRACTICAL)**

Name of the Departmental Faculty:

1. Dr. Rajendra Huprikar
2. Dr. Anjali Damle
3. Dr. Rahul Kathawate
4. Dr. Monica Mulay
5. Dr. Tanvi Joshi

PRACTICAL 1ST MONTH

Faculty :

Dr. Rajendra Huprikar
Dr. Anjali Damle
Dr. Rahul Kathawate
Dr. Monica Mulay
Dr. Tanvi Joshi

Topic : Introduction about Panchakarma and its procedures ; Practical on Abhyanga karma; Practical on Swedana Karma and its types; Practical on Pinda sweda karma; Group discussion on Abhyantar snehpan; Case taking on sandhigatavata; Practical on Sthanik Dhara; Practical on Patrapottali Sweda; Practical on Churnapottali Sweda; Practical on Upnaha Sweda; Case taking on amvaat; Group discussion on Murdhni Taila; Practical on Shroabhyanga and Shiropichu; Practical on Dhumpan; Group discussion on Vatavyadhi; Practical on Shirodhara; Practical on Shirobasti; Practical on Avgaha Swedana.

For Anjali Damle

**HEAD OF DEPARTMENT
PANCHAKARMA DEPARTMENT**

PRACTICAL 2nd MONTH

Faculty :

Dr. Rajendra Huprikar

Dr. Anjali Damle

Dr. Rahul Kathawate

Dr. Monica Mulay

Dr. Tanvi Joshi

Topic : Practical on Anuvasan Basti dan; Practical on Niruha Basti and Basti Sammelana; Group discussion on Utkleshan basti; Practical on Yapana Basti; Group discussion on Erandamuladi Madhutailik Basti; Practical on Preperation of madhutailik Basti; Group Discussion on Basti dravya pramana and kalka pramana; Group discussin on Lekhan Basti; Practical on Vaitaran basti; Group discussion on Basti arha and anarha; Case taking on Grudhrasi vyadhi; Practical on Nasya karma; Practical on Pradhman Nasya; Practical on Avapid Nasya; Group discussion on Nasya vyapad; Group discussion Vaman arha and anarha; vaman and Vamanopaga dravya in details; Practical on vaman karma; Group discussion on Vaman and its treatment; Group discussion on Sansarjan Krama.

PRACTICAL 3rd MONTH

Faculty:

Dr. Rajendra Huprikar

Dr. Anjali Damle

Dr. Rahul Kathawate

Dr. Monica Mulay

Dr. Tanvi Joshi

Group discussion on Virechan arha and anarha; Group discussion on Koshta and agni; Practical on Virechan karma; Virechan dravya and virechnopaga gana in detail; Case taking on Kushthvyadhi ;case taking on Vatarakta; Virechan vyapad and its treatment; practical on Karnapoorana; Group discussion on various types of Raktamokshana; Practical on Jalaukavacharana; Practical on Siravedh karma; Group discussion on pathyapathya; Practical on Netra Kriya kalpa Practical on Lepa. Practical on Agnikarma; Practical on Viddhakarma; Group discussion on Symptoms of samyak yoga, ayoga and atiyoga; Introduction about physiotherapy and its importance, Group discussion on various types of exercise.